

NSW CCLIN: Continuing Professional Development session 28.2.11

10 reasons why clinical psychologist should be thrilled about modern technology!

Presented by Dr Fjola Dogg Helgadottir
Senior Research Clinical Psychologist at the University of Sydney

Monday, 28 February 2011
6:00 PM for 6:30 - 7:30 PM Presentation

VIBE HOTEL
111 Goulburn Street [near Elizabeth Street]
Sydney

Time management is crucial for every clinical psychologist. This seminar will discuss 10 tips and tricks on how to use technology to make your role as a clinical psychologist more efficient.

Dr Fjola Dogg Helgadottir will present her PhD research, which involved writing a fully automated internet treatment program known as CBTpsych.com. The program uses file audit clinical psychology data to generate clinical psychology tasks for patients. This enables the online program to automatically deliver cognitive restructuring exercises and behavioural experiments. Furthermore, CBTpsych.com targets the poor attention deployment associated with anxiety, and conducts imagery re-scripting. Trial outcomes will be presented and discussed, and the important role of clinical psychologists will be considered. Finally, Dr Helgadottir has been running an active private practice for several years, and will present some of the technologies she has been using that have helped contribute to her success.

Dr Fjola Dogg Helgadottir is a co-founder of CBTpsych.com, and works as senior research clinical psychologist in online psychology treatment development at the University of Sydney. Fjola has completed four degrees in psychology across two continents, and recently completed her PhD from the University of Sydney. She has received several major awards for her cutting edge use of technology in CBT, including Australia's prestigious Tracey Goodall Early Career Award for Research Achievement.

This event is presented by the NSW Section of the APS Clinical College - there is no cost for College members. Refreshments will be served prior to the presentation.

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